

# More Information:

**Cooperative Extension, Harnett County Center**

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## REGISTRATION REQUIRED

Registration & fees will be accepted at the following locations:

**Harnett County Health Department**

Re: Girls Are Great

307 W. Cornelius Harnett Blvd, Lillington, NC 27546

**Harnett County Cooperative Extension**

Re: Girls Are Great

126 Alexander Dr, Lillington, NC 27546

# GIRLS ARE GREAT & TEEN GIRLS CONFERENCE

**SATURDAY, APRIL 18, 2026**

**9:00AM – 1:00PM**

**Harnett Health Sciences Center**

**51 Red Mulberry Way, Lillington**



## SPONSORS:

**HARNETT COUNTY HEALTH DEPARTMENT  
COOPERATIVE EXTENSION, HARNETT COUNTY**

## ABOUT

Girls Are Great & Teen Girls Conference is intended for girls ages 9-16 and their moms or adult guardians. Our program features educational sessions and interactive group activities that make learning fun and empowering!

**Girls (ages 9-12)** Girls will learn about the emotional and physical changes that happen during puberty and have the opportunity to ask questions in a supportive environment.

**Teens (ages 13-16)** Teens will explore topics such as teen health, healthy relationships and dating, self-confidence, and more.

### Schedule for the Day:

**8:30am** – Doors Open, Registration, Exhibits, & Breakfast

**9:20am**

“Growing Up & Understanding It” (Ages 9-12 & Moms/Guardians)

“Teen Talk” (Ages 13-16 & Moms/Guardians)

**11:15am**

Fun Sessions (Girls Ages 9-16)

Mom/Guardian Session

**12:20pm** – Lunch, Closing, Evaluations, & Merch Bags

**1:00pm** – Dismissal

### Fun Sessions:

- Kids in the Kitchen** (Ages 9-12) Discover basic cooking skills while creating a delicious snack.
- Teen Chef** (Ages 13-16) Build advanced kitchen prep and cooking techniques while making a tasty treat.
- Glamorous Girls** (All ages) Learn simple makeup tips and skincare routines to keep your skin healthy and glowing.
- Fab Fitness** (All ages) Get moving and feel fabulous with fun activities and games that promote a healthy lifestyle.
- Tiny Art** (All ages) Unleash your creativity and design your own Tiny Art Masterpiece.



## REGISTRATION FORM

Girl's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Girl's T-Shirt Size: \_\_\_\_\_

### Parent/Guardian's

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

- I will \_\_\_\_\_ / I will not \_\_\_\_\_ attend with my daughter.

*While attending the program, all girls must be accompanied by their mom or adult guardian. My daughter has permission to attend with the following adult guardian:*

Name: \_\_\_\_\_

**Registration Fee: \$10.00** per person (Girls \$10, Mom/Guardian \$10)

*\*Fee is Non-Refundable and must be paid with registration. No day-of onsite registration. Thank you!*

**Fun Sessions:** Select your first and second choices from the fun sessions listed below. Please choose based on your age. Sessions marked All are for all age groups.

Kids in the Kitchen (ages 9-12)      Glamorous Girls (All)

Teen Chef (ages 13-16)      Fab Fitness (All)      Creative Crafts (All)

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

**Registration Deadline – April 3, 2026**